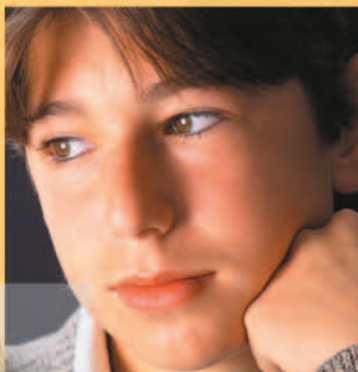


free kit for parents

YOUR *Teen and Alcohol*



*Do **YOU**
Really Know?*

What Maine Parents Should Know About Teens and Alcohol

All kids don't drink, but two out of three Maine teens report having tried alcohol. In fact, one in five Maine teens said that they had participated in excessive drinking (five or more drinks in a row) during the two weeks prior to a recent survey¹. What's even worse is the fact that most teens believe that their parents will never find out—and they're probably right! Four out of five Maine parents believe their teen hasn't tried alcohol². Most Maine parents believe "it's someone else's kid."

The question you have to ask is—do you really know?



What You Can Do

The Maine Office of Substance Abuse has created a free guide with practical tips, useful facts, and valuable statewide resources to help Maine parents monitor and prevent alcohol use by their teen. Topics written expressly for parents include:

- * **Monitor Your Teen** — effective parenting strategies to prevent underage drinking.
- * **Signs To Watch For** — how to recognize the signs of teen drinking and substance abuse.
- * **Maine Facts** — what you should know about teen alcohol use in our state.
- * **Talk With Your Teen** — tips for listening and talking with your teen - and what to say.
- * **The Medical Impact** — why delaying the use of alcohol improves your teen's well-being.
- * **Maine Resources for Parents** — where you can turn for additional assistance.
- * **Maine Law** — the facts about underage drinking laws in our state.
- * **Community Involvement** — how you can help fight underage drinking in Maine.
- * **Self-assessment** — what messages are you sending to your teenager about alcohol?

For your **FREE KIT**

CALL 1-800-499-0027 (In-State Only) **or 207-287-8900**

TTY: 1-800-215-7604 (In-State Only) **or 207-287-4475**

Download or view at
www.MaineParents.net

OSA MAINE OFFICE OF SUBSTANCE ABUSE

[1] Source: The 2002 Maine Youth Drug and Alcohol Use Survey (MYDAUS) of Maine 8th-12th grade students. Survey was instituted by the State of Maine to obtain information about the nature, severity, and range of substance use and abuse among adolescents.

[2] Conducted by Strategic Marketing Services on behalf of the Maine Office of Substance Abuse in 2002.